

# AIP REFERENCE CHART

Autoimmune Protocol Food List

## INCLUDED FOODS

### Vegetables (Non-Nightshade)

Leafy Greens Broccoli Carrots Sweet Potatoes Zucchini Cabbage

### Proteins & Fats

Grass-fed Beef Wild Fish Organ Meats Olive Oil Coconut Oil Avocado

### Pantry & Other

Bone Broth Fermented Foods Apple Cider Vinegar Herbal Teas

## EXCLUDED FOODS

### Grains & Legumes

Wheat/Gluten Rice Corn Soy Beans Lentils

### Nightshades & Dairy

Tomatoes Potatoes Peppers Milk/Cheese Butter Eggs

### Processed & Nuts

Refined Sugar Almonds Walnuts Seeds Seed Oils Alcohol

*This chart is for informational purposes only. Consult with a healthcare professional before starting a restrictive diet.*